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(71) Applicant (for all designated States except US): SOCI-
ETES DES PRODUITS NESTLE S.A. [CH/CH]; P.O.
Box 353, CH-1800 Vevey (CH).

(72) Inventors; and

(75) Inventors/Applicants (for US only): WUERSCH,
Pierre [CH/CH]; Chemin de la Crausaz 64, CH-1814 La
Tour-de-Peilz (CH). BALLEVRE, Olivier [FR/CH]; Rte
de Cojonnex 16B, CH-1000 Lausanne 25 (CH). MILON,
Hubert [CH/CH]; 15, chemin de Faulieu, CH-1053
Cugy (CH). SIEVERT, Birgit [DE/CH]; 1, Chemin de la
Pierraz, CH-1066 Epalinges (CH).(74) Agent: WAVRE, Claude-Alain; Avenue Nestlé 55,
CH-1800 Vevey (CH).(81) Designated States (national): AE, AG, AL, AM, AT, AU,
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(54) Title: FOOD PRODUCT WITH HIGH VISCOSITY

(57) Abstract: The present invention relates to food products comprising in percent by weight of dry matter, 0.5-5% of a viscous soluble fibre, 2-2% oat bran concentrate, and 7-35% cereal bran. The specific amount of these constituents provide for a high viscosity and are suitable to delay glucose absorption or appearance in blood and/or to maintain raised glucose levels while avoiding high glucose peaks. The high viscosity of a food product was shown to be a key factor in the appearance of glucose in the blood stream. Hence, the food products according to the present invention are also suitable for diabetic patients.

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